59th Year ◆ No. 5 ◆ February 4, 2005



Lear Siegler, Inc., aircraft technician John Valdez repairs and modifies the air inlet of a T-38C. LSI is the Randolph contractor that works on T-38 trainers under the propulsion modernization program. The team will roll out the 100th jet in the program Wednesday. (Photo by Steve White)

## Randolph rolls out 100th PMP T-38

By Bob Hieronymus Wingspread staff writer

The T-38 Talon supersonic trainer aircraft has been around for 46 years and, because of work done on Randolph, it will be operational for at least another 20 years.

This kind of longevity doesn't happen without a lot of work and a series of modifications. The 100th T-38C to receive the propulsion modernization will be delivered to the 560th Flying Training Squadron in a ceremony Wednesday.

There isn't a T-38 in the fleet I haven't seen at least six times," said Henry Hunt, supervisor of unscheduled maintenance at the Lear Siegler, Inc. docks where the T-38s are worked on. Mr. Hunt has worked here for 29 years as an aircraft mechanic. "I've seen them all, from the inside out."

LSI has the contract for the propulsion modification program under which the Air Education and Training Command's fleet of 509 T-38s is being upgraded to improve take off performance. These T-38s have been brought up to C-model standards before the PMP work is done, which means they have already undergone a complete cockpit and instrumentation upgrade. Boeing Corp. did that work at their Mesa, Ariz., plant.

The PMP changes involve both the air inlet and the "boat tail" ejector configuration, as well as other engine modifications. Without getting technical, this means the engines become capable of producing significantly more thrust, giving the pilot an improved

margin of safety for takeoff operations in high density altitude conditions, high temperatures, and on short runways.

When he took off in the first PMP aircraft received by the 560th Flying Training Squadron in August 2004, Lt. Col. Stephen Perenchio said he achieved a speed of 265 knots when he crossed the end of the runway.

"We get about 20 percent more thrust with the modification," he said. "That translates into a real margin of safety if we experience a flameout in one engine on takeoff."

Because T-38s with this PMP modification have different handling characteristics and safety procedures than older models, the decision was made to convert all the aircraft in any one unit in a continuous stream rather than distributing the aircraft throughout the

Air Force on a more random basis.

As a result, Moody Air Force Base, Ga., was chosen to receive its full complement of T-38Cs with PMP first. Randolph's 560th FTS, where instructor pilots are trained, will be completed in March, and squadrons at Laughlin AFB, Texas, will follow. Other Air Education and Training Command bases will then be done.

Each T-38C takes about 64 workdays in the maintenance docks, said Randolph's LSI superintendent, Al Nichols. "Our contract calls for a total of 66 birds to be input in fiscal year 2005. We keep five docks going all the time, so we turn out just over five aircraft a month. The variable factor is we also inspect

See **T-38** on page 3

#### 12th FLYING TRAINING WING TRAINING TIMELINE

#### As of Monday **Pilot Instructor Training** Squadron Senior Class Overall 99th FTS 0.0 0.3 558th FTS 0.5 -1.8 559th FTS -2.9 -1.1 560th FTS -0.9

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

#### **Navigator, EWO training**

562nd FTS		563rd FTS	
Air Force	291	Undergraduate	44
Navy	79	International	0
International	0	<b>EWC Course</b>	7
NIFT	25	<b>Fundamentals</b>	0

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses

#### Wing Flying Hour Program

9	,		9
Aircraft	Required	Flown	Annual
T-1A	658.8	604.9	12,184
T-6A	851.2	856.0	17,290
T-37B	448.0	427.8	8,284
T-38C	537.1	542.8	9,729
T-43	244.6	253.0	4,293

The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.

#### **AIR AND SPACE EXPEDITIONARY FORCE**

As of Monday, 141 Team Randolph members are deployed in support of military operations around the globe

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# Dedicated June 20, 1930, Randolph celebrates its 75th Anniversary in 2005

Graphic by Michelle DeLeon

The Randolph

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

#### Commander's Action Line

Call 652-5149 or e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman 12th Flying Training Wing commander

#### Agency contact numbers 12th FTW IG 652-

652-2727 12th FTW Legal Office 652-6781 674-8917 **Base Exchange Civil Engineers** 652-2401 **Civilian Pay** 652-6480 **Commissary** 652-5102 **EEO Complaints** 652-3749 **Equal Opportunity** 652-4376 FW&A Hotline 652-3665 **Housing Maintenance** 652-1856 **Military Pay** 652-1851 **Randolph Clinic** 652-2933 **Safety Office** 652-2224 **Security Forces** 652-5509 **Services** 652-5971 **Straight Talk** 652-7469 652-4314 **Transportation** 

## Prepare now for successful ORI

**By Lt. Col. Linda Eaton** 12th Medical Support Squadron commander

The IG is coming, the IG is coming! I know it is hard to believe that your leadership is already concerned about that when it seems so far away. While we don't know the exact date for the next ORI, we expect it will be a relatively fresh memory for the 12th Flying Training Wing by the November air show.

I was an inspector on the Air Force Health Services Inspection team for three years inspecting active duty, Reserve and Guard medical programs. So, I have some observations for you as you prepare for inspections on your programs that are pertinent no matter where you work.

First, make sure you read your Air Force Instructions and then reread them periodically. I was always amazed at how many people did not do this basic step. It is very easy to get so busy doing your job that you don't make time to make sure you are on track. If you have major command instructions, make sure you read those as well

Also, if you have local instructions, make sure they are updated to your current procedures as the IG will evaluate you based on your written guidance. The last thing you "I can't tell you how many times I got a bad impression of a unit because their documentation was poor. So, going into the interview, they were already in the negative and had to talk their way into the positive."

want is to take a hit because you failed to update your instructions when you made a process improvement.

Second, make sure your self-inspection programs incorporate all applicable guidance and procedures. Sometimes Air Force guidance is intentionally vague to allow flexibility for units to develop processes that work for their unique situations. If this is the case for your specialty, simply putting this vague guidance in your self-inspection programs will not produce a strong checklist. Make sure your checklists are tailored to your programs.

Third, when you get those documents ready for the IG, remember, first impressions do count. Do not re-accomplish work or, worse, falsify work you didn't do. However,

if your binder looks shabby, put your work in a new binder. Make sure everything they ask for is there. Do not make them hunt down things they should have waiting for them.

If you have the choice to pick a percentage of documents for them to review, thoroughly screen your choices to make sure you pick the best looking representation of your work. It's an open book test. Only people that don't care fail open book tests.

I can't tell you how many times I got a bad impression of a unit because their documentation was poor. So, going into the interview, they were already in the negative and had to talk their way into the positive. More often than not, they were able to do that; however, that obviously took a lot more effort.

Finally, why is everyone preparing so far in advance? Because the IG wants to see a track record of success. You can't put together a beautiful program with a three month track record and expect the IG to say it is ok that you didn't have a program prior to that time.

Make sure you have good program documentation for 2004 and before (as required), and keep dynamite program documentation for 2005. Then you should walk right through the IG with no problems at all

### Leadership: don't wait for it, take it

By Chief Master Sgt. Benjamin Harper Jr. 379th Air Expeditionary Wing command chief

SOUTHWEST ASIA – I was out the other day with some of the fine Airmen we have here in the wing and one of them made the comment, "I can't wait until I get the opportunity to lead."

There are many things about leadership that I don't understand, but I do know you don't wait on it to come, you make it happen. In every forum in the last 10 years, I have heard the statement made that we have a shortage of good leadership at all levels. What makes a good leader and why is there a shortage?

Leadership involves constant preparation. Vince Lombardi, one of the greatest football coaches of all time, once said, "It is not the desire to win that is so important but rather the willingness to prepare."

So how do we prepare? Retired Army Gen. Montgomery Meigs identified four characteristics that we might recognize as common in what we view as good leaders.

The first characteristic is intellect, from which we derive the elements of decision and execution – competence, intuition, and will. Good leaders read about good leaders. They are constantly searching and studying leaders and leadership styles from all walks of life.

First they make sure they understand the goals of the mission.

Then they search out proven and often innovative ways to get the job done. Here, we say "mission first," but it is understood it is people always. We make sure we and our people receive the best education and follow on training available.

The next characteristic is energy. Good leaders get around; they influence the daily "battles" with presence. They follow their e-mail with their feet! The very best of them have the uncanny ability to be at critical places at critical times. They get out from under the pressure of the calendar and focus on the human element of the organization.

The third characteristic is selflessness. It is truly motivating to know that your leader is thinking about you first, isn't it? We have all seen this characteristic demonstrated time and time again. This allows good leaders to accept the best decision and not just their decision. This characteristic causes us to look "out" and not "in" to our own benefits.

The final characteristic is humanity. While humanity is essential to success for all of us, we most often think of the medical folks when speaking of humanity. Every customer they get never stops by unless he or she is not feeling well; yet, they always take care of us.

Understanding the mission, maintaining the energy to see it through and caring about your troops are leadership qualities that each of us, regardless of our jobs, can do every day. So don't wait for the opportunity to lead, take it!

#### **Congratulations Retirees**

Today
Maj. Jose Caussade
Air Force Occupational Measurement Squadron

Retirement announcements should be submitted to the *Wingspread* office by noon Friday two weeks prior to the desired date of publication.

E-mail announcements to *randolph.retiree.messages@randolph.af.mil* or fax them to 652-5412. For more information, call the *Wingspread* office at 652-5760.

News Wingspread February 4, 2005

## Puppies find foster parents

**By Jennifer Valentin**Wingspread staff writer

As she sits at her desk and answers e-mails and phone calls, she hears the puppy chewing on a toy and wiggling around her carrier in the corner of the office. She knows she will soon get to take a break from her daily routine and take the puppy for a walk outside.

Col. Angela Layman is one of the many participants in the Department of Defense Puppy Program, sponsored through Lackland Air Force Base.

According to DoD puppy program officials at Lackland with the 341st Training Squadron, the puppy program was established to provide another way for dogs to be trained by emulating the success of other breeding programs for raising working service dogs.

The dogs are used for protecting the Air Force, Army, Navy and Marine Corps personnel and installations. Dogs not selected for the program are put up for adoption.

Colonel Layman is sponsoring one of the youngest puppies, 13 week-old Rachel.

"Rachel spends most of the day with me, in the Air Force Office of Special Investigations office," said Colonel Layman, who is the commander there. "She needs to be socialized several times a day, which is nice, because I am lucky enough to work with petfriendly people."

This is the first time Colonel Layman has been part of the puppy program and having never trained a puppy before, she said she finds the experience of teaching the puppy how to trust humans rewarding.

"The early socialization of working dogs with humans is the most important aspect of the program," said the colonel. "Foster puppies learn to trust people and their environment. Having this skill teaches them



Col. Angela Layman (left) and Chief Master Sgt. Diana Bunch play with Rachel (right) and Quaid during one of their breaks. Colonel Layman and Chief Bunch are two of the many participants in the Department of Defense Puppy Program, sponsored through Lackland Air Force Base. (Photo by Jennifer Valentin)

By Jennifer Valentin

Wingspread staff writer

how to avoid distraction while on patrol."

Colonel Layman would like to be involved in the puppy program again if she is able to keep her current assignment. Rachel is due to return to the Lackland working dog program in June.

"The only way I am able to participate in this program is with the help of my coworkers," said the colonel. "Luckily, many people in my office volunteer to take care of Rachel during the day. It has truly been a rewarding experience, and I would love to volunteer again."

Colonel Layman learned of the puppy program from Chief Master Sgt. Diana Bunch, the 12th Mission Support Group superintendent. This is also her first time volunteering with the DoD program, but she has raised three German Shepherds on her own and donated them to different police departments.

Chief Bunch has been raising her dog, Quaid, since September 2004.

"I first met some people from the DoD Military Working Dog school when I donated one of the German Shepherd puppies in April 2002," said the chief. "I thought the program sounded like a great opportunity."

Chief Bunch said raising Quaid has given her the chance to meet new people in and around the community while helping the Lackland puppy program.

**FSC** provides services for

troops facing adjustment

"The program is a great way to get involved with the Air Force community and to help the Air Force in a unique way," said Chief Bunch. "Everyone wants to pet Quaid, especially when he is wearing his 'puppy-intraining' vest."

The process to become a participant in the puppy program is simple, said Chief Bunch.

"The people at the Lackland program are very helpful and easy to work with," said the chief. "They make the process very simple."

"People can volunteer to raise a dog for about five months," said Maj. Kevin Bannister, 341st Training Squadron commander. "After the five months, the dogs are put through training at Lackland's Military Working Dog school to see if they have what it takes to become a military working dog."

Military working dogs are often used in law enforcement and security duties, to detect narcotics and explosives. Working dogs with other government agencies are used to find illegal currency, gas leaks, arson accelerants and illegally imported food.

"The human nose contains five million scent receptor nerves, while the canine nose contains about 225 million receptors, making them perfect for detection," said Major Bannister

About 35 people sign up each year to participate in the puppy program, said Major Bannister, but the program is looking for others who want to be a puppy foster parent.

"We look for people and families who have time and patience to raise a dog that is nine weeks to seven months old, people who have a home that will provide a safe and stimulating environment for a young dog, and people who have the desire to learn how to raise a working dog," said Major Bannister.

For more information, call Andrew Ramsey or Lacy Smith at 671-3686.

#### **T-38**

Continued from Page 1

each plane for corrosion, cracks in the metal and any other damage that affects its structure. We fix it while we have the plane torn down for the PMP work. That saves the government money by combining jobs and keeps Mr. Hunt busy with what we call 'unscheduled maintenance.'"

The team that brings the program together here often goes by the name of Queen Bee. The Queen Bee label has been applied to many programs over the years that draw Air Force aircraft to this maintenance facility when it makes economic sense to centralize the skilled people and equipment in one place.

The team also includes people from the 415th Flight Test Flight, a unit of Air Force Reservists co-located with the Queen Bee facility, who ferry the aircraft to and from Randolph and fly the test missions after work is completed.

Program managers at Hill Air Force Base, Utah, provide oversight of the entire T-38 upgrade program and have a project administrative officer and two engineers on site to resolve any questions.

To mark the milestone of the 100th T-38C to be completed under the PMP and to recognize the efforts of a dedicated workforce, a special celebration is scheduled for Wednesday at 10:30 a.m. in Hangar 83.



other resources for Randolph members returning from deployment.

"People who return from deployment might have questions or concerns they need addressed," said Master Sgt. Todd Remington, family support center NCO in charge of readiness. "We want to make sure to provide them with every outlet possible." redeployment.

The doctor al servicemember chronic nervou after they had deployments to "Our people" "Our people"

The family support center recently implemented a one-hour training briefing for members who have returned from a deployment. The training is mandatory for 12th Flying Training Wing members. However, the tenant units are welcome to attend the briefing. Airmen should receive the training 15-60 days days after returning from a deployment.

The family support center offers training and

After being home for 14 days, 6-7 percent of members experience post-deployment issues. After being home for 60 days, the number increased to 17 percent, said the sergeant.

"We want to make sure our members have time to readjust to everyday life and have time with loved ones," said Sergeant Remington. "During the readjustment period, members may have other concerns or issues that pop up, and they can address them at the briefing."

The Defense Department's senior medical adviser recently reported that troops redeployed from combat zones should not be embarrassed to ask for help with emotional problems.

Some troops who have returned from duty tours in Afghanistan or Iraq are experiencing symptoms associated with post-traumatic stress disorder, said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Dr. Winkenwerder said the Department of Defense is expanding its post-deployment health

assessment program, which will soon require all servicemembers, active and reserve components, to fill out a health questionnaire and visit a care provider within three to six months after redeployment.

The doctor also said that medical officials learned servicemembers were displaying symptoms such as chronic nervousness, anger or depression months after they had returned to their home bases from deployments to combat theaters.

"Our people are now on the frontlines when they deploy – the situations are different," said Sergeant Remington. "Someone who goes through repeated events may think they are getting used to them, and put them away in their mind. But really what they are doing is covering the issues, which may lead to emotions boiling over."

The sergeant recommends spouses attend the one-hour briefing with the military member.

"Spouses may have a difficult time as well adjusting to their loved one returning," said Sergeant Remington. "It is important for the spouse to know what to expect and how they can help."

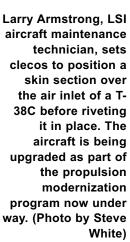
People returning from deployment have many resources and outlets available to them, some they may not even know about, said the sergeant.

"Just talking about problems can help anyone," said Sergeant Remington. "We are fortunate in the military, having a wide group of people to talk to-chaplains, command staff, coworkers, friends and family members."

These different outlets provide a channel for feelings such as frustration, feeling of loss and anger, added the sergeant.

"Returning from deployment is not an event, it is a process," said Sergeant Remington. "We need to do all we can to de-stress troops when they come back home."

For more information, call 652-5321.





P-3 NAS Jacksonville, Fla.



Ensign Jason Agostinelli 2nd Lt. Christopher Clifford Awacs Tinker AFB. Okla.



2nd Lt. Jeffrey Cretz EC-130 Davis Monthan AFB, Ariz.



2nd Lt. David Deuyour C-130 Little Rock AFB, Ark.



2nd Lt. Jason Doleman B-52 (EWO) Barksdale AFB, La.



**Ensign Seth Eisenmenger** P-3 NAS Jacksonville, Fla.



**Ensign Kirk Emanuelsen** P-3 NAS Jacksonville, Fla.



Ensign Julia Feys P-3 NAS Jacksonville, Fla.



**Ensign Daniel Ford** P-3 NAS Jacksonville, Fla.



**Ensign Scott Fyock** NAS Jacksonville, Fla.



2nd Lt. Brett Gibson Awacs Tinker AFB, Okla.



2nd Lt. Michael Gonyo C-130 Dyess AFB, Texas



2nd Lt. Sarah Good C-130 Ramstein, Germany



2nd Lt. Jonathan Gullett RC-135 (EWO) Offut AFB, Neb.



2nd Lt. Patrick Hartman MC-130 (EWO) Hurlburt Field, Fla



2nd Lt. Sean Haugsven C-130 Pope AFB, N.C.



2nd Lt. Brad Haynes B-52 Barksdale AFB, La.



**Ensign Michael Keppen** NAS Jacksonville, Fla.



2nd Lt. Steven Kirkbride B-52 Barksdale AFB, La.



2nd Lt. Brenton McLoughry EC-130 (EWO) Davis Monthan AFB, Ariz.



2nd Lt. Jason Netz RC-135 Offut AFB, Neb.



2nd Lt. Jeremy Parish HC-130 Moody AFB, Ga.



2nd Lt. Gregory Petschauer KC-135 McConnell AFB, Kan.



2nd Lt. Glenn Roberts RC-135 (EWO) Offut AFB, Neb.



2nd Lt. Michael Roetheli B-52 Barksdale AFB, La.



2nd Lt. Kevin Sparks E-8 Robins AFB, Ga.



2nd Lt. Gregory White Ensign Christopher Weisshaar C-130



P-3 NAS Jacksonville, Fla.



2nd Lt. Matthew Wilson MC-130P Mildenhall RAF, U.K.

## JSUNT graduation set for today

Twenty-one Air Force and eight Navy aviators receive their navigator and naval flight officer wings during a Joint Specialized Undergraduate Navigator Training graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club.

The guest speaker is Commodore Lee Little of Training Wing 6, Pensacola Naval Air Station, Fla.

As commodore she oversees the training for approximately 600 Air Force,

Navy, Marine Corps and international students.

She is a Naval Flight Officer who has flown in the EA-4F and has taught T-39 airways navigation and low-level navigation.

Col. John Hesterman, 12th Flying Training Wing commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony for student achievement in leadership and academics.

#### **NEWS BRIEFS**

#### Income tax and W-2 Forms

Employers are required to supply employees a W2 form for use in filing their federal income tax returns. According to the Internal Revenue Service, employers must furnish this record of earnings no later than Jan. 31. If the form is mailed, it may take a few days to arrive.

If the form does not arrive, contact the employer to find out if or when the W2 was mailed. It may have been returned if the mailing address was incorrect. After contacting the employer, allow reasonable time for the form to arrive.

If the W2 form is still not made available by Feb.15, contact the IRS for assistance at 1-800-829-1040. If the employee has lost the form, the employer may charge for issuing a replacement. There is also the option of using Form 4852, substitute for the W2 form, but it will delay any refund while the information is verified.

In any case, a tax return must be filed by April 15, although there are options for requesting a delayed filing. Forms are available at the IRS Web site, www.irs.gov, in the forms and publications section or by calling 1-800-

#### Electrical service upgrade

TAX-FORM.

Beginning Monday through March 2, the main electrical service to the base will be re-routed into the new main switching station. The contractor does not anticipate any loss of power during the change over but there is always the possibility of power loss when splices are made to existing cables.

The base has the capability of back feeding power from other sources to minimize the effect of any loss. Upgrading the main switching station will provide the base with a more reliable electrical system for the future.

For more information, contact Bob Scheel or Richard Fry, 12th Mission Support Group civil engineers, at 652-

#### Home Buying Seminar

The Randolph housing office and family support center personal financial management program are sponsoring a home buying seminar Feb. 16 at 6 p.m. in the FSC ballroom.

Presentations will include representatives from the Texas Veterans Land Board and the federal Housing and Urban Development office, and agents from a real estate office, a mortgage lender and a title company. Refreshments will be served, but space is limited.

For more information, call the FSC receptionist at 652-5321.

## Purple Heart awarded to OSI agents from Lackland

#### Airmen recovering from injuries sustained in Baghdad bombing

By Master Sgt. Julie Briggs

Air Education and Training Command Public Affairs

Two Air Force Office of Special Investigations agents were presented Purple Hearts on Jan. 31 in a ceremony at the Brooke Army Medical Center at nearby Fort Sam Houston.

Air Force Chief of Staff Gen. John Jumper presented the medals to Special Agents Therese Frentz and Todd King, who are still recovering from injuries sustained from an Oct. 14 suicide bomber's blast.

General Jumper credited the medical professionals from Baghdad to the United States for the agents' speedy recovery.

"Due to marvelous evacuation efforts, we got them back (to the United States) and on the road to recovery," General Jumper said.

The agents, along with Special Agent James Hamilton, were in the Green Zone Café, located in Baghdad's International Zone, when the bomb detonated about 10 feet away from their

Agent King was thrown into the parking lot, sustaining burns, shrapnel wounds, loss of vision and hearing. He said he does not remember seeing the bomber in the café. All he remembers is seeing a flash and then feeling as if he was floating.

"I remember waking up in the parking lot. I think I landed on a car and rolled off," said the 26-year-old agent from Belton, Texas. "My ears were ringing, and I was blind.

I started crawling ... and yelling for someone to help me."

Agent King said his body armor took the brunt of the blast as evident by the huge hole in it. Agents Frentz and Hamilton were found in the café, and their injuries were more serious than Agent King's, he said.

Agent Frentz received multiple shrapnel wounds and burns covering 30 percent of her body, mostly to her right arm and torso. Agent Hamilton also received extensive burns and shrapnel wounds. He is recovering in Maryland.

Agent Frentz said she remembers the pain and waking up as medics were cutting off her

"(Only) by the grace of God are they here with us today," said Lt. Col. Nicholas Psaltakis, vice commander for Air Force Office of Special Investigations Region 4. He, too, credits the medical people for the agents' miraculous recovery.

Both Agents Frentz and King remain on active duty. Agent Frentz is assigned to AFOSI Detachment 409, and Agent King is assigned to AFOSI Detachment 252. Both units are located at nearby Lackland Air Force Base.

The Airmen are examples of the finest this nation has to offer, General Jumper said about the two agents.

"And to have them ask when they can get back to their unit, 'Can we still serve," he said. "They are the kind of people ... that all services of the military provide this nation today."

Agent Frentz said she is currently working on regaining full range of motion in both arms. "They are stiff due to the skin grafts," the Crawfordville, Fla., native said. She is receiving treatment at Fort Sam Houston.

Agent King will undergo eye surgery in about a month, and he said he hopes to regain 40 to 50 percent of his hearing. He is receiving care at the Wilford Hall Medical Center at Lackland. (Courtesy of Air Education and Training Command News Service)

### Enhanced 911 system now in use

**By Robert Vickers** 

12th Security Forces Squadron

Security forces officials at Randolph want people in the base community to know that dialing 911 in an emergency is the best way to

It sounds simple, but many people often make the mistake of calling friends, family or some other command and control center when they experience an emergency.

Calling anything other than 911 delays the response, officials said.

Randolph is equipped with a special 911 system that immediately sends calls to the Randolph Security Forces Control Center.

The 12th Security Forces Squadron dispatchers determine if the call is an emergency and then take the pertinent information. If the emergency concerns a situation that does not require a police or medical response, the dispatcher transfers the call to the fire department.

The 911 system is called Enhanced 911 because of the system's features. When a 911 call is received at the Randolph Security Forces Control Center, the address and phone number from where the call originates is projected onto a log display. In the event a call is cut short, responders have enough information to respond to the situation. Even if callers do not have time to inform the dispatcher of the particular problem, security forces immediately dispatch a patrol to the address on the log

In the case of a call from a cellular phone, the system cannot pinpoint the caller's location. The call itself, even if made on Randolph, may not be directed to the Randolph Security Forces Control Center if the caller's cell service routes the call elsewhere.

Officials encourage callers to be aware of their location when calling 911 from a cell phone so help will not be delayed. Once the caller informs the dispatcher of his or her whereabouts, they will be able to transfer the call appropriately and in the shortest time possible.

Security officials provide several tips for using 911. Do not preprogram 911 into a phone. Children are often taught to call 911 in an emergency situation, and if the number is preprogrammed into a phone under a different number, this could cause confusion.

Do not use 911 for non-emergency purposes. Routine calls tie up the system and have police patrols responding to locations that do not have an emergency. Non-emergency calls could also delay the response needed for someone who is truly having an emergency.

For non-emergency calls, people should call 652-5700 or 652-5709.

For more details about the Randolph 911 system, people can call the installation security officer at 652-5600.

## T-6 demo teams certify next week

New pilots on the Air Education and Training Command East and West Coast T-6A Texan II Aerial Demonstration Teams will fly certification flights next week for 19th Air Force and AETC leaders.

Capt. Michael Rambo of the 3rd Flying Training Squadron at Moody Air Force Base, Ga., will fly for the East Coast team and Capt. Jeffrey Stift will certify for the West Coast team.

"This event marks the final stage in the basic qualification training of the new AETC T-6A Texan II demo pilots," said Maj. Cliff Baker, who manages the T-6 demonstration team program for 19th AF. The final phase of their training concludes in early March when the demo pilots will be qualified to fly in formation with selected civilian team members flying vintage AT-6 Texans.

The AETC T-6 teams fly single-ship aerial demonstrations at air shows around the country from March to November each year. The teams' appearances support Air Force recruiting and retention efforts and display the capabilities of the Air Force's newest trainer, Major Baker said.

The certification flights and 2005 team member introductions take place Wednesday for review by Maj. Gen. Edward Ellis, 19th Air Force commander, and Feb. 11 for review by Lt. Gen. John Hopper Jr., AETC vice commander.

Because of these aerial demonstrations, flight activity at Randolph will halt at 4 p.m. those days for the duration of the certification flights, as well as on Tuesday for certification training flights, Major Baker said.

In case of bad weather those days, Thursday and Feb. 14 are alternate flight days for the certification flights.

Travel on Perimeter Road west of the south gate will be restricted during the flights Tuesday, Wednesday and Feb. 11. People who use the road during those times, such as Randolph High School and Middle School parents, teachers and students, should plan on taking Perimeter Road to and from

Weather permitting, Major Baker said the certification fights each day should last a little more than half an hour from the first takeoff.

Squadron and the 3300th Support Squadron were Air Force Chief of Staff, replacing Gen. Curtis E. presented awards by the Air Training Command for

☆ The first class of Undergraduate Helicopter Pilot Training to be conducted at Randolph graduated after 28 weeks of training.

☆ Two Randolph units, the 3512th Pilot Training ☆ Gen. John P. McConnell was sworn in as the new

The Air Force's second Instrument Flying Symposium met, bringing together representatives of all Department of Defense flying units and the Federal Aviation Agency.

#### **Annual honorees**



The military and civilian nominees for the 12th Flying Training Wing 2004 annual awards stand in front of the Taj Thursday morning with Col. John Hesterman, 12th FTW commander (left on front row), and Chief Master Sgt. Jeffrey Sergent, 12th FTW command chief master sergeant (right on front row), following a medallion ceremony announcing the nominees in the base theater. The annual awards banquet took place Thursday night in the enlisted club. The Wingspread will announce the winners in the Feb. 11 issue. (Photo by David Terry)

### F/A 22 passes test

By Staff Sgt. Todd Lopez Air Force Print News

WASHINGTON – The results of a recently released Air Force study bode well for the future of the F/A-22 Raptor, officials said.

The Raptor demonstrated "overwhelmingly effective" warfighting capability according to the initial operational test and evaluation report released by Air Force Operational Test and Evaluation Center officials at Kirtland Air Force Base, N.M.

Every new system the Air Force acquires must undergo testing by the center, the service's independent testing agency. Testing for the F/A-22 began in late April and was conducted primarily at the Nevada Test and Training Range.

The tests are done to determine both the operational effectiveness and the suitability of the weapons system. The tests assess four critical issues identified by the warfighter: lethality, survivability, deployability, and maintainability.

The determination of an aircraft's operational effectiveness is based on the aircraft's combat capability, officials said. During this testing, the Air Force flew as many as four F/A-22s in a variety of airborne simulated combat scenarios.

According to the report, the F/A-22 performed more than two times better than the F-15C Eagle aircraft in similar tests. Additionally, the report states no adversary aircraft survived engagement with the F/A-22.

"The Raptor operated against all adversaries with virtual impunity," said Maj. Gen. Richard B.H. "Rick" Lewis, Air Force program executive officer for the F/A-22. "The ground-based systems couldn't engage the Raptor, and no adversary aircraft survived. That is air dominance, and that's exactly what the Raptor was designed to give us."

The F/A-22 scored slightly less in the way of suitability. The center rated the aircraft "potentially suitable." Suitability tests rate the ease at which the aircraft can be deployed and maintained.

The center identified a number of suitability deficiencies in the F/A-22, which Air Force officials said they are already working to correct.

Air Force officials said the rating indicates the progress the aircraft continues to make as it goes to initial operational capability.

This December, the Raptor is expected to reach initial operational capability, which is the ability to conduct combat operations worldwide.

#### Officials seek increase of G.I. survivor's benefits

By Gerry J. Gilmore American Forces Press Service

WASHINGTON – Pentagon leaders and Capitol Hill legislators want to increase the current available combined government death benefit for families of fallen servicemembers by about \$250,000.

If enacted, the proposed change essentially would double the \$262,000 now available to families of servicemembers killed in wartime operations, said Dr. David S.C. Chu, undersecretary of defense for personnel and readiness, Feb. 1 during testimony before the Senate Armed Services Committee. The issue has been under study for two years.

Senior defense leaders "believe that sum ought to be nearer to \$500,000," Dr. Chu told the panel, by increasing the maximum coverage offered by the Servicemembers' Group Life Insurance program and raising the separate death gratuity payment.

The current survivor's death gratuity payment, which is tax-free, is about \$12,420. Survivors of servicemembers killed in war operations also now can receive \$250,000 in maximum SGLI coverage, if they elected to do so.

DOD and Senate proposals would increase the death gratuity payment to \$100,000, and boost maximum SGLI coverage to \$400,000. The Pentagon would pay the premiums for the extra \$150,000 in SGLI coverage when participating servicemembers are deployed in a combat zone.

A plan under discussion, if approved by Congress and the president, would be retroactive to Oct. 7, 2001, the day Operation Enduring Freedom began in Afghanistan.

The U.S. government "already provides a significant set of programs to help the families of those who give their lives in service to the country," Dr. Chu said. Current compensation programs now available to surviving spouses with children provide about "dollar-for-dollar, what the military member was earning on active service."

DOD also provides transitional housing assistance for surviving spouses and children, Dr. Chu said, as

#### **Vice Chief testifies**

Vice Chief of Staff Gen. T. Michael Moseley testified on behalf of the Air Force to the Senate Armed Services Committee Tuesday.

"It's my opinion that we can do better to address the benefits and compensation for them and their families. If a servicemember is wounded in action, the service will do whatever it takes to help him recover. And when a military member pays the ultimate price for (his or her) country, I believe with all my heart that we must take care of those left behind – their family and particularly their children. We cannot lessen this pain, and we cannot heal this hurt, but we can, for sure, help them with the unforgiving demands of continuing their lives without a father or a mother."

well as access to the Tricare health system and commissary and exchange systems, and surviving spouse and children's education benefits.

The proposed increase in survivor's monetary benefits would also provide "greater recognition" of the sacrifices America's servicemembers have made during the war on terrorism, said Sen. John Warner of Virginia, chairman of the committee. DOD officials reported Feb. 1 that 1,415 Americans have died in Iraq and 156 others died in Afghanistan and other wartime theaters during the war on terror.

During the hearing, some Senate members said that survivors of the Sept. 11, 2001, terrorist attacks were paid an average of \$2 million per family. The proposed changes to G.I. death benefits for survivors would not apply to families of servicemembers killed during those terrorist attacks.

"There is nothing in the financial sense," Dr. Chu said, "that we can do to replace a lost servicemember." Yet, the government can provide "the appropriate financial tools," he said, to comfort surviving spouses and families so they can go forward.

(Courtesy of Air Force Print News)

### 12th FTW community relations thanks volunteers

The 12th Flying Training Wing recognizes the following people for their volunteer support of the base community relations program by serving as tour escorts and judges during December and January.

Escorts: Maj. Steven Fouch, 99th Flying Training Squadron; 2nd Lt. Zarine Malesra, Air Force Occupational Measurement Squadron; Tech. Sgt. Jeff Womack, Air Education and Training Command; Tech. Sgt. Jeffrey Stokes, Air Force Personnel Center; Tech. Sgt. Richard Davis, AETC; Staff Sgt. Susan Edmonds, 12th Flying Training Wing and Dale Eckroth, Air Force Recruiting Service

Judges: Lt. Col. Charlene Pierson-Lassiter, 19th Air Force; Lt. Col. David McCormick, AETC; Maj. Brian Sassaman, 12th Aeromedical-Dental Squadron; Maj. John Bell, AFPC; Maj. Andrew Kissinger, 100th Flying Training

Squadron; Capt. Matthew Groleau, AETC; Capt. Edward Hudson, Air Force Security Assistance Training Squadron; Capt. David Mazzarra, AETC; Capt. Dave Cortez, AETC; Capt. David Woodley, AETC; 1st Lt. Mark Davis, AETC; 2nd Lt. Karoline Sciarretta, AFOMS; 2nd Lt. Gregory Richard, AFOMS; 2nd Lt. Muntana Griffin-Hamilton, AFOMS; Senior Master Sgt. Kenneth Phillips, AETC; Senior Master Sgt. Alison Williams, AETC; Master Sgt. Lori Surgnier, AFPC; Master Sgt. DeWayne Craig, AFPC; Master Sgt. Michael Gadson, 12 FTW; Master Sgt. Jennifer Andrews, AFOMS; Master Sgt. Maria Langston, AETC; Tech. Sgt. Rod Pommier, Air Force Services Agency; Tech. Sgt. Yolanda Batchelor, 12 ADS; Tech. Sgt. Sean Middleton, AETC; Staff Sgt. Claudette Wright, AETC; Staff Sgt. Allen Mendiola, 12 FTW; Staff Sgt. Greg Gaulden, 12th

Communications Squadron; Staff Sgt. David Baskin, 12th ADS; Staff Sgt. Madelane Kissinger, AETC; Staff Sgt. Regina Brewer, AFPC; Senior Airman Nicholas Jenkins, Lackland Air Force Base Honor Guard; Airman 1st Class Lady Jenkins, 12 FTW; Airman Jeremy White, 12th Operations Support Squadron; Christine Saalbach, AFPC and Johnny Weismuller, AFPC

The 12th FTW community relations office has a variety of programs and events people can volunteer for.

"Often times people are intimidated to volunteer," said Jillian Speake, public affairs specialist, "but we provide all the information and training a person needs to be successful."

For more information or to volunteer for any of these programs, call the public affairs office, community relations division, at 652-4407.

## **Expectant mothers** offered fitness class

By Jennifer Valentin Wingspread staff writer

The Randolph Health and Wellness Center is offering a "Fit Mom" class for moms-to-be Feb. 15 at 1 p.m. at the HAWC.

"The class is designed to help the expectant mother develop an exercise program to help her maintain a healthy weight throughout the pregnancy and after delivery," said Kimberly Houk, exercise physiologist.

The class will cover the physiological changes during and after pregnancy, the effects of exercise on the mom and the fetus, guidelines for developing a personal exercise program and prenatal specific activities.

"The class will get rid of any myths that pregnant women may have about exercising," said Ms.

Houk, " and will help them achieve confidence with an appropriate exercise program."

Exercise benefits pregnant women in many ways:

- improves energy
- maintains balance and strength
- assists in a healthy weight gain
- · aids in more effective weight loss after delivery
- improves circulation
- · helps with fewer symptoms of nausea, fatigue, back and leg pain
- improves self-esteem and body

"Women can come at any time during their pregnancy, but it would be best to come early in their pregnancy so they can have appropriate guidance the whole time," said Ms. Houk.

The classes will be held monthly. For more information, or to sign up, call 652-2300.

## Heart Link program designed for spouses new to military

By Jennifer Valentin Wingspread staff writer

Military spouses who just arrived at Randolph from another base, or who are new to the military altogether, have the opportunity to attend a seminar Feb. 24 at 9 a.m. to 2 p.m. at the family support center to help make their transition a little easier.

The seminar, known as Heart Link, is a family support center sponsored program designed to help spouses become acquainted with the military and Randolph.

"The objective of Heart Link is to enhance mission readiness by strengthening military families," said Charlotte Noll, family support center. "We help spouses become aware of the resources that are available on and off base, as well as help them realize they are an important part of the military."

During the five-hour seminar, which is geared toward those who have been an Air Force spouse for 5 years or less, spouses will hear briefings from various base organizations "The objective of Heart Link is to enhance mission readiness by strengthening military families."

**Charlotte Noll** 

Career Focus Program Manager Randolph Family Support Center

such as the clinic, TRICARE and finance offices, as well as a welcome briefing from one of the base's senior commanders.

"The presentations are designed to familiarize the spouses with what the base has to offer," said Ms. Noll.

In addition to the unit presentations, the spouses who attend the seminar will be treated to breakfast and lunch, and given the chance to win prizes.

For more information on Heart Link, call

## Skills craft center offers variety of services

By Jennifer Valentin Wingspread staff writer

The Randolph Skills Craft Center not only teaches classes, but it offers a variety of services available to the base including engraving and framing.

The center offers custom engraving on items such as recognition awards, trophies, name tags or desk sets.

"We can also engrave stained glass designs, as well as traditional trophies and plaques," said Debra Jamrozy, skills craft center

Prices vary by volume, selected accessories and customization. The center can also frame a photo or painting.

"If a customer wants to bring in a family photo or picture they have for framing, we can do that for them," said Ms. Jamrozy. "Our frames can give a treasured photo or piece of art a special touch."

When award time comes around, base personnel can trust their skills crafts center to engrave awards and trophies for any occasion.

"We have a variety of items to choose from, whether a trophy, plaque, desk set or pen set, we can make any award item special," said Ms. Jamrozy.

The center has plenty of gift ideas, whether attending a class or making a gift, or purchasing something already made, they have a variety of ideas, she added.

For more information, call 652-2788.



Ge'naro Jones engraves an item at the skills craft center. He enters the text in the computer while the machine does all the work. (Photo by Jennifer

### Natural gas requires careful usage | FSC holds spouse job fair

By Daniel Vandergriff

Randolph Fire and Emergency Service Flight

It is used to dry clothes, cook food, heat water and heat homes. It's a popular option because when used properly it is safe and efficient.

According to Pacific Gas and Electric, more than 60 million homes in the U.S. use natural gas every

Yet, many times each year there are reports in the news about a gas explosion in someone's neighborhood.

Through education, dangers associated with gas can become better known and less common.

The following tips are provided for the safe use of natural gas.

- When cooking with gas, ensure the flame is blue and not larger in diameter than a small sauce pot.
- Never store flammable liquids or combustibles near a gas hot water heater.
- Exercise care when digging in the yard. Have the gas company come out and mark gas lines before
- Never use a natural gas oven to heat the kitchen.

When gas can be smelled:

- If the source of the smell isn't apparent, leave and go to a neighbor's house to call the utility company and
- Don't turn on the lights and don't use a cell phone or a flashlight.
- If the smell of gas is faint, look to make sure all pilot lights are lit. If a pilot light is out, open all windows and doors and wait five minutes before lighting the pilot light again.

*Use this safety checklist:* 

- Children should not be allowed near gas operated appliances.
- Store clutter away from natural gas appliances.
- Never hang anything from gas piping.
- · Gas appliances must be installed and serviced by qualified technicians.
- Maintain at least one charged ABC fire extinguisher in the house.

By following safety precautions and becoming educated about the dangers associated with natural gas, everyone can help make their home a safer place.

For more information, call the Randolph Fire Prevention Office at 652-6915.

By Jennifer Valentin

Wingspread staff writer

A military spouse job fair is on tap Thursday from 10 a.m. to 1 p.m. in the family support center.

Representatives from on-base, local and home-based businesses will be available to accept resumes and answer questions. Organizations such as Wal-Mart, Mary Kay, Stampin' Up, Discovery Toys, Account Temps and All Medical Personnel will be on hand at the fair.

"Whether looking for part time or full time work, or looking into a new career, this is an excellent opportunity to meet several employers and organizations at once," said Charlotte Noll, career focus program manager.

While bringing a resume is not required, Ms. Noll suggests spouses bring one that reflects appropriate knowledge, skills and experience geared toward the type of job or career they are seeking. Spouses should also dress professionally, as if they are going to a job interview. A complete list of companies attending the fair is available at the family support center.

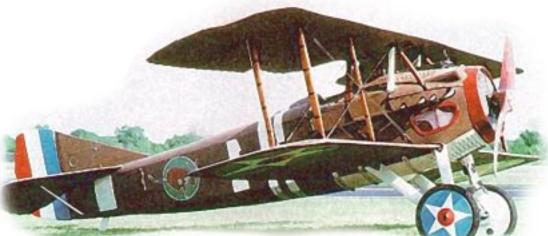
"We have computers available at the career center should spouses want to come and update their resume or get help preparing it for the fair," said

Ms. Noll is available to assist if spouses would like to come and talk about their career options.

Spouses of active duty, retirees and civilians are invited to attend the fair. For more information, call 652-5321.

## 'Aviation City,' USA

## As 'Great War' rages, San Antonio emerges as nation's leading military aviation center



The French-built SPAD was an excellent fighter and observation airplane in World War I. American Air Service units used SPADs when they could get them until American built planes became available late in the war. (Air Force photo)

This article is the second of a series celebrating the 75th anniversary of Randolph Air Force Base.

By Bob Hieronymus Wingspread staff writer

n 1914, when the First World War started in Europe, all the warring nations were counting on some form of military aviation to supplement their ground and naval forces. Observers in tethered balloons had been a part of their tactics for 50 years and the new rigid-framed airships were giving them options for directional control of the gasbags.

The general opinion of most senior commanders was that the newfangled "aeroplanes" were just a more mobile platform from which to reconnoiter the enemy's ground forces.

The German army was the most technologically advanced, having developed bomb-carrying dirigibles, some with the range to reach across the English Channel.

While many feared the German capabilities, the real story was Germany could launch only 12 military dirigibles by 1914. France had six and Italy flew four, all filled with highly flammable hydrogen gas.

A more important development, however, was the airplane. Armies around the world had more than 1,000 aircraft by the time war broke out in Europe. Germany had 232 ready for operations, Russia had 190, and France could field 162. Great Britain, Italy and Austria-Hungary each claimed to have between 50 and 100, and even the various Balkan countries had a few.

In one very interesting sidelight, the Russian order of battle included a squadron of four-engine bombers capable of carrying a 1,500-pound bomb load. Maintenance was sometimes done in flight by mechanics who walked out on the wings to reach the engines. No other country had anything like it. However, their record of service and bombing accuracy was dismal, and their military potential was barely recognized beyond the eastern front.

The United States, which in 1909 had been the first nation to buy an aircraft built

to military specifications, boasted only eight airplanes in its Army inventory, but still had no doctrine of how to use them. Congress did direct the War Department in July 1914 to set up an Aviation Section within the Army's Signal Corps.

As the "Great War" bogged down into static trench warfare, the United States tried to hide behind its claims of neutrality but German submarine commanders continued to catch American citizens in their cross hairs.

One illustration of the American reaction was the way Congress appropriated money. On March 3, 1916, when neutrality was still the watch word, Congress passed a Naval Appropriations Act which included \$1 million for naval aeronautics and a five-year, \$5,000 appropriation for a new agency, the National Advisory Committee for Aeronautics, known today as NASA. As an afterthought, the next day Congress appropriated another \$300,000 for Army aviation programs.

Six months later, responding to pressure from the deteriorating international situation, Congress made a supplemental appropriation of \$13,281,666 for Army aeronautics.

Maj. Benjamin Foulois, then the ranking officer in the U.S. Army with aviation experience, received orders in November 1916 to set up a military aviation training center using money from this latest appropriation. He knew from his own experience the weather conditions in the San Antonio area were generally good for flying, so it was his first and only stop in his search. In one week he found what he was looking for and made arrangements for a one-year lease on 700 acres of cotton farmland a few miles west of the city.

Just five months after
Major Foulois stepped off
the train in San Antonio, the
new facility was ready to
receive its first aircraft. The
airfield was named in honor of Lt.
George Kelley, the first military
aviation fatality in the San Antonio area.

He was killed in the crash of a Curtiss Model IV on Fort Sam Houston in 1911.

When Congress finally declared war on the Axis
Power on April 6, 1917, the
Aviation Section of the Army
Signal Corps had grown to
include 35 active duty pilots,
1,987 enlisted men and 55
training airplanes. The Navy
and Marine Corps added
another 48 pilots, 54 airplanes,
one airship and three balloons.

The first aviation cadets arrived at Kelly Field for training in August 1917. Three previous classes of cadets had already been sent to France for military flight training there because it was just being developed here.

The American idea of military flight training was to begin at universities around the country with eight weeks of ground school, followed by 25 hours of flight training prior to solo. Pilots were expected to have about 90 flight hours by the time they were sent to the front in Europe, although many had less. By way of comparison, in 1914 British pilots were sometimes sent to the front with as little as five hours of solo flight. By the end of the war, 50 hours of solo time before assignment to combat units was the norm.

These were the days of open cockpits, no mufflers on the engines and nothing but hand signals for communication between instructor and student. Flight training was risky at best. Of the 11 students in that first cadet class at Kelly Field, four were killed in training.

The JN-4 "Jennies," the most common training aircraft, were thick in the sky over Kelly Field and accidents were reported to claim almost one plane a day. Flying safety demanded that auxiliary fields be quickly found to separate the cadets in the air. One of the six San Antonio area fields acquired in 1917, Auxiliary Field No, 5, soon developed into an independent air base. It was named



Brooks Field, which today is Brooks-City

The pace of expansion at Kelly Field was swift. One year after Major Foulois leased the farmland, 39,000 men were in training for all aspects of aviation and aircraft maintenance there. Another 45,000 arrived in January 1918. With so many young men arriving daily, San Antonio social life flourished in the new "Aviation City, USA" atmosphere.

By Armistice Day, Nov. 11, 1918, the Army Air Service numbered about 195,000 men, of whom about one third actually made it to Europe. Most American air units in Europe flew French or British-built aircraft because American designs were not available until late in 1918.

Aircraft production soared, so that by the time the war ended American factories were turning out 500 airplanes a week. Had the war continued, as many people expected, American factories were projected to produce 40,000 airplanes in 1919. With the armistice signed, however, the Army canceled orders for 13,000 airplanes and sold back thousands of aircraft already in the inventory. Surplus "Jennies" were also sold to the public at 13 cents on the dollar, becoming the favorite of the new breed of barnstormers who thrilled crowds at county fairs across the country for the next 20 years.

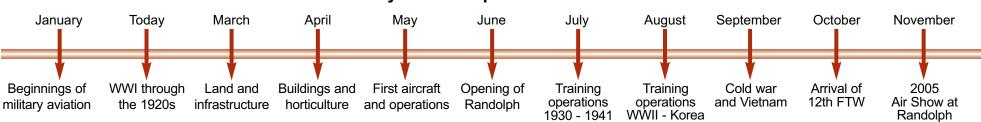
Demobilization was the word of the day. By 1923, the Army Air Service was reduced to just 880 officers and 8,200 enlisted men. But what a group it was! It included many future leaders in military aviation, people such as Billy Mitchell, Claire Chennault, Jimmy Doolittle, "Hap" Arnold and Carl Spaatz.

With the collapse of the vast programs of the war years, military pilot training was consolidated so that basic flight training was done only at Brooks Field and advanced training at Kelly Field. A school of aviation medicine was also established in San Antonio, all of which helped to build new

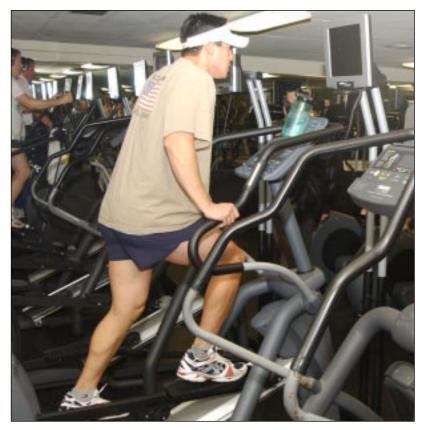


The French-built Nieuport was the airplane most used by American pilots during World War I. Even though it was slower than many German fighters, it was highly maneuverable. (Air Force photo)

#### **History of Randolph Series Time Line**



## **HAWC** offers cold weather fitness options



By Jennifer Valentin
Wingspread staff writer

Even in Texas, the weather gets chilly. So when it is time to exercise, most people opt for working out indoors.

The Randolph Health and Wellness Center offers some ideas for indoor exercises.

"When it is cold outside, but you still want to get up and get some exercise, there are other options available," said Kim Houk, exercise physiologist.

The fitness center offers a variety of classes, including yoga, kick boxing, pilates, step aerobics and many more. The classes are available to active duty members, DoD civilians, retirees and spouses.

The fitness center on base also has a variety of equipment available for use, including treadmills, elliptical machines, stair steppers and stationary bicycles. The center also has a basketball court, volleyball court and indoor running track that goes around the court area.

"Exercising indoors is easier on the body than exercising outdoors only if the temperatures get very cold, perhaps under freezing," said Ms. Houk. "But when exercising outdoors in the colder temperatures, it is important to layer clothing so the layers can keep the body warm. If the person gets too warm, they can remove layers."

It is also important to cover the head and hands, since extremities get colder faster, said Ms. Houk.

"A person can keep their exercise routine, no matter what the weather is like, because they exercise indoors," added Ms. Houk. "This encourages people to try different activities and equipment that they may not try if they are used to exercising outdoors."

For a schedule of classes at the fitness center, call 652-4311. For more information on exercising indoors, call the HAWC at 652-2300.

Squadron, does his cardio workout on the elliptical machine located upstairs in the fitness center cardio room. There are a variety of cardio machines available including treadmills, stair steppers and stationary bikes. (Photo by Steve White)

Tech. Sgt. Antonio

Rodriguez, 12th

**Security Forces** 

## **C**

#### **Intramural Bowling**

As of Jan. 24					
Team	W	L			
AFSAT	99	45			
SVS #1	96	48			
AFPC	96	48			
AFPOA	84	60			
JPPSO	84	60			
AETC/LG	81	63			
DFAS	80	64			
AETC/SC	76	68			
AFMA	76	68			
SFS	73	71			
RS	72	72			
AETC 900	72	72			
AFSVA	70	74			
MED GP	70	74			
SVS TOO	68	76			
LRS	68	76			
CS	68	76			
AETC/FM	65	79			
CPTS	64	80			
AFPC/ESC	60	84			
AETC/DP	59	85			
AMO #1	53	91			
AMO TOO	50	94			
340 FTG	38	106			

#### **TEAM SCRATCH SERIES**

Score
2922
2633
2585
SERIES
Score
3351
3309
3307
GAME
Score
1013
937
908
GAME

Team

AETC/LG

AETC 900

**AFSAT** 

**Hoop dreams** 



Edwin Howell (left) stands ready for the rebound after an attempted layup by Jay Burt (center) is blocked by Trey Brown (right) during the 3-on-3 basketball tournament at the fitness center Tuesday. The tournament was hosted by the Black Cultural Awareness Association in honor of African American History Month. (Photo by Steve White)

## 12th SFS edges past 562nd FTS for win

By Jeff Palombo

Wingspread Contributor

It wasn't the prettiest game, but 12th Security Forces Squadron will take the win. The first half left much to be desired aesthetically with missed layups and many turnovers that probably had basketball founder Dr. James Naismith turning over in his grave. The halftime score of this contest was 15-14.

The second half was a different story, due large in part to the steady play of 12th SFS point guard Pedro Cantu and post Tyron Williams. The former adeptly dished out assists and finished with 9 points, while the latter scored 13, doing most of his damage posting up on the low blocks. Their efforts led 12th SFS to a 38-34 victory in intramural basketball action Jan. 27 at the fitness center.

Tyson Willis was a beast for 562nd Flying Training Squadron, keeping his team competitive by pouring in 17, half of his team's total.

In what seemed to be an attempt to snatch a loss from the jaws of victory by 12th SFS, Williams and guard Ryan Gause went a combined 4-16 from the free throw line in the second half. Willis' 11 second half points coupled with Chris Buckley's four pulled the 562nd to within two with 39 seconds left.

At this point, they sent 12th SFS to the line and Gause, his confidence shaken, missed both free throws, but Cantu pulled down what would turn out to be the game-saving offensive rebound.

After another foul, the 562nd regained possession while down by three with 15 seconds left. However, an untimely turnover by Buckley slammed the door on any attempt for an improbable last-second miracle.

#### **SPORTS BRIEFS**

#### Ro-Hawk powerlifting

The Randolph High School Powerlifting teams took top honors at their meet Saturday in Kyle, Texas.

Score

1178

1170

1130

The girls team won first place and the boys placed third. Randolph was the only Class 2A school competing against Class 4A and 5A schools. The next meet is Feb. 19 at San Marcos Academy.

#### African American Heritage basketball tournament

Join the fitness center for the African American Heritage Basketball Tournament on Feb. 11 at 6 p.m. and Feb. 12 - 13 at 9 a.m.

For more information, call the fitness center at 652-5316.

#### Ro-Hawks defeat Navarro

The Randolph Ro-Hawks boy's basketball team defeated Navarro 67-64 Friday. The Ro-Hawks scored 19 points in overtime

The Ro-Hawks play Cole tonight at 8 p.m. in the Fort Sam Houston gym.

#### Line dancing

A four session introduction to line dancing class is Monday, Feb. 14, 22 and 28 at 7 p.m. in the fitness center. The class is \$10 and open to all Department of Defense ID cardholders. Participants are asked to wear gym shoes.

For more information or to sign up, call 652-4311.

#### Sweetheart Run

Celebrate Valentine's Day with the Randolph Fitness Center staff at Eberle Park on Feb. 14 at 7 a.m. by participating in the 5k fun run/walk. All Department of Defense ID cardholders are welcome.

For more information, call the fitness center at 652-5316.

#### Weigh to Win

In the Weigh to Win class, students can learn new healthy eating habits, and how to maintain their target weight. The class is held Feb. 11 at 8 a.m. at the health and wellness center.

For more information, or to enroll, call 652-2300.